



# **Spirit Day 2015**

## **Primary**

## **Workshop**

## **Catalogue**

**We are grateful to the following people and groups for sharing  
their time and expertise to make Spirit Day possible for our  
students:**

Birdie Chan  
Dancin Stars  
Monika Gray  
Lynn Lim  
Dandy Horse Cycles  
Cheryl Tong  
MADD Metro Vancouver  
Fortis BC  
Klaudia Williams  
Siva Ramesh  
Curtis Lister  
Artspace Children's Arts Centre  
Mme. Richter  
Mrs. Moore and Mr. Lapthorne  
Rebecca Shorten  
Carlsen Ma  
Jennifer Heft  
Ms. Cheung and Mrs. Mollica  
M. March  
Zehra Hussain  
Lynne and Brian Vidier  
Anne Deliyannides  
GardenWorks Burnaby  
Umeko Laird  
Ms. Fletcher  
Ms. Tazumi  
Mrs. Boulanger  
Mrs. Glavas, Mrs. Hanson, and Ms. Robson  
Zumba by Lubna  
Burnaby Karate Academy  
St John's Ambulance  
Ms. Bastone, Mrs. Kaga, and Ms. Graham  
Angela Foggetti

Ravi and Cynthia Ghanason  
Hughe Rose  
SFU Science Outreach  
Grouse Mountain  
The Wildlife Rescue Association  
Jennifer Osiris  
The Home Depot  
Beatrice King  
Moksha Yoga Burnaby  
Emma Regan

## **Your 2015 Spirit Day Committee:**

Marita Maas  
Cheryl Healey  
Lisa Buysse  
Penny Chisholm  
Alison Cuvier  
Marie Dickens  
Eszter Nemeth  
Eva Yip  
Mary Holmes  
Shamina Patni

**SEAFORTH SPIRIT DAY**  
**Friday April 24, 2015**  
**Primary Workshop Program**

Dear Parents and Students,

On the following pages you will find our workshop offerings for Spirit Day 2015. We are excited about our theme of diversity and have some wonderful workshops for you this year. We have produced two catalogs: these are separated for both Primary and Intermediate Students. This is the PRIMARY STUDENT Catalog, which contains listings and descriptions of all workshops that intermediate students are eligible to attend.

For the purposes of this program, PRIMARY Students are those students in Grades K-3.

The numbers in parenthesis are the number of available spaces in each workshop. We will make every effort to place you in the workshops of your choice – please be sure to mark your first, second, third and fourth choices on your form.

There are some workshops that are open only to students in specific grades and these exceptions are highlighted in yellow.

Some workshops ask that you bring or wear something on Spirit Day, those items are noted in RED.

Have fun choosing your workshops.

Remember, your completed form is due back to school by April 8th.

## **Session A: 9:15 – 10:15am**

A3-P **Hip Hop** (30) Dancin' Stars School of the Performing Arts  
Do you feel like dancing? If so, this class is for you! In this fun class you will learn basic techniques which we will put together for our own unique dance combo!

**\*\*\* Gym Attire is recommended \*\*\***

A4-P **Hands on Science** (15) Monika Gray  
This workshop is filled with fun experiments and activities. Create Frankenstein's hand, elephant toothpaste, "fireworks" in water and more.... All this using articles you find at home!

A7-P **Pinatas!** (12) Cheryl Tong  
Cinco de Mayo on May 5<sup>th</sup> is a big celebration in Mexico. In the spirit of this fiesta, we will be making miniature pinatas. These can later be filled with candy at home!

A9-P **Energy is Awesome** (50) FORTIS BC  
In this workshop you will learn about Awesome Energy – Natural Gas. In this interactive, hands-on workshop, a Fortis BC representative will explain what natural gas is, where it comes from, how it is used, how to be safe around it and how to conserve it. We will also talk about alternative sources of energy, show some great videos and provide an opportunity to ask questions. Small prizes will be given out to all attendees. For the most attentive listeners, there will be an opportunity to win special prizes.

A18-P      **Karate Kick-fit**      (22)      Carlsen Ma  
In this workshop you will learn everything from basic stretching, ladder exercises, and Karate punching and kicking techniques. You will even have a demonstration from certified Black Belt!

A20-P      **Spring Pinwheels**      (20)      Jennifer Heft  
As spring approaches, the stores are filled with outdoor toys and decorations. In this workshop you will learn to make your very own Pinwheel to play with or to decorate your yard or room. These are just like the ones you see in the stores, only better because they will have your personal touches to make them extra special!

\*\*\* Please bring: Scissors, Pencil, Ruler & a small Hole Punch (if you have one), and a plastic bag to take your treasures and supplies home. \*\*\*

A25-P      **Flowers Make Scents**      (20)      Garden Works  
Your sense of smell is one of your most powerful senses. Learn from flowers how the sense of smell can bring back memories and is used socially.

A27-P      **Speed Stacking**      (30)      Ms. Fletcher  
Come and learn this internationally competitive sport! Speed stacking is stacking a set of 12 cups in patterns as fast as possible.

**A30-P Building Community (20)** Ms. Glavas, Hanson, and Robson  
Do you like to build? Come build famous structures from around the world out of  
Lego, Straws & Connectors – and OTHER interesting materials!

A32-P	<b>Martial Arts</b>	(16)	Burnaby Karate Academy
Experience a mini martial arts class complete with games, self-defence exercises, and block work.			

A33-P	<b>First Aid and Safety</b>	(16)	St. John's Ambulance
Learn the basics of First Aid & Safety in this workshop. You will have the chance to practice recognizing when help is needed, calling for help and assisting the injured person until help arrives.			

A34-P      **Tissue Paper Bouquets**    (12)    Ms. Bastone, Kaga, and Graham  
Students will use tissue paper to make beautiful Spring Bouquets. We will also  
learn about “Community Gardens.”

A37-P **Fire Safety** (22) Firefighter Hughe Rose  
Join firefighter Hugh Rose to learn about fire safety and even take a tour of his firetruck!

A38-P      **Slime and Matter**      (25)      SFU Science Outreach

Students will learn about different states of matter, (solids, liquids, gas,) and have a chance to make “slime” from a glue and Borax solution.



A39-P      **Soccer Camp**      (15)      Emma Regan  
Work on your soccer skills with a member of the U17 Canadian woman's soccer team and a Seaforth grad!

**\*\*\* Gym Attire is recommended \*\*\***

A40-P      **Why Bears**      (20)      Grouse Mountain  
Come and watch a short video, "Why Bears," followed by a presentation with artifacts that will encourage students to think about and discuss why any one species is important to the health of our home, and the earth in general.

A43-P      **Construction Fun**      (15)      Home Depot  
Put on your hard hat and get hammering! Come and make a fun take home project from Home Depot.

## **Session B: 10:45 – 11:45am**

**B2-P Cardmaking** (15) Birdie Chan

Do you need a card for that special occasion? Or do you just like to make cards? We will make 3 cards that you can use for any occasion.

\*\*\*Please bring Scissors & Glue\*\*\*

**B4-P Hands on Science** (15) Monika Gray

This workshop is filled with fun experiments and activities. Create Frankenstein's hand, elephant toothpaste, "fireworks" in water and more.... All this using articles you find at home!

**B6-P Pedal Heads!** (15) Dandy Horse Cycles

Come and join us for a combination of safety courses and obstacles courses by Pedal Heads!

\*\*\*Some bikes will be available but please feel free to bring your own bike and helmet!

**B11-P Classical Indian Dancing** (10) Siva Ramesh

In this class you will learn the beauty of classical Indian Dance and even get to try on some costumes!

**B12-P Chess Club** (24) Curtis Lister

Test your skills or discover the exciting world of chess. Players will participate on multiple games and learn from a chess master.

**B13-P Discover Ukulele** (15) Winnie Tam – Artspace  
Explore the world of music and ukulele in this fun workshop! Intermediate students will learn chords and notes to play a hit song. No experience or ukulele required!

**B19-P Creative Artworks** (15) Rebecca Shorten  
This exciting multimedia class provides children with an opportunity to explore a variety of visual arts materials and techniques including painting, printmaking, collage and 3D sculpture.

**B20-P Spring Pinwheels** (20) Jennifer Heft  
As spring approaches, the stores are filled with outdoor toys and decorations. In this workshop you will learn to make your very own Pinwheel to play with or to decorate your yard or room. These are just like the ones you see in the stores, only better because they will have your personal touches to make them extra special!

\*\*\* Please bring: Scissors, Pencil, Ruler & a small Hole Punch (if you have one), and a plastic bag to take your treasures and supplies home. \*\*\*

**B24-P Spa Science** (16) Lynne and Brian Vidler and Anne Deliyannides  
Explore the real chemistry behind your favorite beauty products and whip up a few things to take home! You will learn to use natural ingredients to make cool concoctions to use as gifts or to keep for yourself!

**B25-P Flowers Make Scents** (20) Garden Works  
Your sense of smell is one of your most powerful senses. Learn from flowers how the sense of smell can bring back memories and is used socially.

B26-P **Special Effects Makeup** (25) Umeko Laird  
Come and see how your favourite characters are made for TV and film. One model will be chosen to display the special effects demo.

B28-P **Earth Day Cookies** (15) Ms. Tazumi  
**Gr. 1 & 2 ONLY**  
Decorate yummy cookies to resemble the earth and then place endangered animals on top!

B30-P **Building Community** (20) Ms. Glavas, Hanson, and Robson  
Do you like to build? Come build famous structures from around the world out of Lego, Straws & Connectors – and OTHER interesting materials!

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Experience a mini martial arts class complete with games, self-defence exercises, and block work.

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Learn the basics of First Aid & Safety in this workshop. You will have the chance to practice recognizing when help is needed, calling for help and assisting the injured person until help arrives.

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Students will use tissue paper to make beautiful Spring Bouquets. We will also learn about "Community Gardens."

B35-P      **Police Safety**      (20)      RCMP Constable Angela Foggetti  
Join police officer Angela Foggetti as she discusses what it means to be a police officer and talks about the best ways to stay safe!

B37-P      **Fire Safety**      (22)      Firefighter Hughe Rose  
Join firefighter Hugh Rose to learn about fire safety and even take a tour of his firetruck!

B38-P      **Squishy Circuits**      (25)      SFU Science Outreach  
Students will learn about electric circuits and build simple and complex circuits of their own using electrically conducting “dough.”

B43-P      **Construction Fun**      (15)      Home Depot  
Put on your hard hat and get hammering! Come and make a fun take home project from Home Depot.

B45-P      **Yoga for Kids**      (25)      Moksha Yoga Burnaby  
Enjoy this fun, all-ages activity! In this workshop you will learn about the many benefits of yoga, stretching, strengthening, balancing, body awareness, etc.

## **Session C: 1:00 – 2:00pm**

C3-P **Hip Hop** (30) Dancin' Stars School of the Performing Arts  
Do you feel like dancing? If so, this class is for you! In this fun class you will learn basic techniques which we will put together for our own unique dance combo!

**\*\*\* Gym Attire is recommended \*\*\***

C6-P **Pedal Heads!** (15) Dandy Horse Cycles  
Come and join us for a combination of safety courses and obstacles courses by Pedal Heads!

**\*\*\*Some bikes will be available but please feel free to bring your own bike and helmet!**

C10-P **Stream of Dreams** (20) Klaudia Williams  
Students will be able to paint their own fish to be added to our Stream of Dreams fish on the fence!

C11-P **Classical Indian Dancing** (10) Siva Ramesh  
In this class you will learn the beauty of classical Indian Dance and even get to try on some costumes!

C12-P **Chess Club** (24) Curtis Lister  
Test your skills or discover the exciting world of chess. Players will participate on multiple games and learn from a chess master.

C17-P      **Creative Drama**      (15)      Rebecca Shorten  
Children are introduced to the basics of drama through improvisation, theatre exercises, and creative play. Self-awareness, role-playing, team building, and respect are explored in this expressive and lively program.

C20-P      **Spring Pinwheels**      (20)      Jennifer Heft  
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C28-P      **Earth Day Cookies**      (15)      Ms. Tazumi  
**Gr. 1 & 2 ONLY**

Decorate yummy cookies to resemble the earth and then place endangered animals on top!

C31-I      **Zumba Kids**      (15)      Zumba By Lubna  
This workshop features exciting music & moves that will get you movin' to the beat. It's all about feeling fearless on the dance floor, reinforcing the idea that it's ok to just be yourself and dance like no one's watching! We combine fitness & dance in an effort to promote wellness for a lifetime!

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Come and watch a short video, "Why Bears," followed by a presentation with artifacts that will encourage students to think about and discuss why any one species is important to the health of our home, and the earth in general.

C41-I      **Wild Animal Hospital**      (20)      Wildlife Rescue Association  
Enjoy an informative presentation from the Wildlife Rescue Association including a case study of an animal they helped save. Learn about the difference between a wild animal and pet and the animals of the forest.



C42-P      **Aboriginal Games**      (12)

Jennifer Osiris

**Grades 1-3 ONLY**

Do you ever wonder how kids played before electricity? Come and explore the world of Aboriginal games!

C47-I   **A New Leash on Life**      (25)

PADS

Participate in this introduction to the life training and contributions of working service dogs. Discover the dogs' progress from litter and early years through specialized training, graduation and work as a full service dog.